

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SATURDAY
10-10.30am I LOVE MONDAYS Fun Aerobics	9.30-10am SPIN N SLIM	10-10.30am ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves	10-10.30am ABS & ASS	9.30-10am SPIN N SLIM	8.30-9.15am STRETCH N TONE
10.30-11am BOKWA Fun Zumba/Boxercize Mix	10-10.30am THE MOTIVATOR Cardio & Toning	10.30-11am MAMA MIA Fun Dance Aerobics	10.30-11am ***NEW CLASS*** Cheerobics Fun Aerobics	10-10.30am FRIDAY FUNK Fun Dance Aerobics	9.15-9.45am HI LO Aerobics
11-11.30am LBT	10.30-11am KILLER KETTLEBELLS	11-11.30am FIT N FUNKY For the More Mature	11-11.30am FULL BODY STRETCH	10.30-11am THE MOTIVATOR Cardio & Toning	9.45-10.15am STEP
11.30-12Noon FIT N FUNKY For the More Mature	11-12noon POWER YOGA	12.30-1pm LBT	1-1.30pm ***NEW CLASS*** MIX IT UP Mixture of Toning, Aerobics & Zumba	11-11.30am K.I.S.S. Keep It Super SEXY! Toning	10.15-11am ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves
	12.15-1pm CORE N CARDIO				11-11.30 ***NEW CLASS*** Cheerobics Fun Aerobics
5.15-5.45pm LBT	*LONGER CLASS* 5.30-6.30pm ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves			5.15-5.45 ABS AND ARMS Toning	
5.45-6.30pm ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves	6.30-6.45pm AMAZING ABS	5.15-6PM PURE ENERGY Hi - low Aerobics	5.45-6.30pm STEP/LBT COMBO Both classes combined	5.45-6.15 BOXERCISE High Energy Aerobics	SUNDAY 9-9.45am THE SUNDAY SPECIAL Instructors Choice
	6.15-6.45pm SPIN N SLIM	6-6.45pm LEAN BODY TONING	6.30-7pm STRETCH N TONE	6.15-6.45 LBT Toning	
7-7.45pm ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves	7-7.55pm ***NEW CLASS*** HARD CANDY COMBO! Cardio&Circuits	6.45-7.15pm BOKWA Fun Zumba/Boxercize Mix	6.30-7pm SPIN N SLIM		
		7.15-8pm ZUMBA Aerobics Fun Fusion of Latin/Tribal Dance Moves	7.30-8.30pm POLE DANCING INTERMEDIATES As You Go £8 M £10 NM		

Felines Studio Timetable from
Monday 23rd January 2012
*****We Make Fitness FUN!*****

Classes Open to Non-Members Subject to Availability at £4.50 a class

Call 01283 740741

Or E-mail info@felinesladies.com To Book
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